

# YOUR EASY PREDIABETES MEAL PLANNER

These are not all-inclusive lists, just random ideas! Follow the plate method with half plate non-starchy veggies, quarter plate protein, quarter plate carbohydrate-dense food!

## Non-Starchy Veggies

Broccoli	Collard Greens	Mushrooms	Snow Peas
Bell Peppers	Cucumber	Okra	Spaghetti Squash
Bok Choy	Green Beans	Onion	Tomato
Cabbage	Jicama	Radishes	Turnip
Cauliflower	Kohlrabi	Rutabaga	Zucchini

## Protein

Almonds	Clams	Lamb	Seitan
Beef	Cod	Lentils	Tofu
Black Beans	Edamame	Mussels	Tuna
Cashews	Eggs	Peanuts	Turkey
Chicken	Greek Yogurt	Pork	Veal

## Carbohydrate-Dense Foods

Barley	English Muffin	Pasta	Pretzels
Bread	Granola Bar	Peas	Pudding
Cantaloupe	Kiwi	Pineapple	Rice
Crackers	Matzo Balls	Popcorn	Rice Cakes
Corn	Oatmeal	Potatoes	Tortillas

## Quick Meal Ideas

½ plate cabbage and onion slices sautéed with olive oil and fresh garlic with ¼ plate cooked ground turkey and ¼ cup air fried potatoes with Cajun seasoning

½ plate roasted tomatoes and bell peppers with ¼ plate black beans and ¼ plate rice of choice with salsa or hot sauce and a dollop of plain Greek yogurt

½ plate mashed rutabaga with cheddar cheese and roasted green beans with ¼ plate grilled pork loin and ¼ plate biscuit

½ plate sauteed bell peppers, mushrooms, and collard greens with ¼ plate scrambled eggs and ¼ plate toast with a small amount of butter

½ plate stir-fried bok choy, broccoli, and snow peas with ¼ plate stir-fried tofu cubes seasoned with black pepper and ¼ plate pasta tossed in a ginger, garlic, and soy sauce mixture

Soup made with chicken stock and filled with ½ bowl of okra, onion, and tomato with ¼ bowl smoked chicken breast and a serving of whole wheat crackers on the side

½ plate sauteed jicama and bell pepper with ¼ plate tofu scramble with hot sauce and ¼ plate sauteed sweet potatoes

½ plate sliced cucumbers and cauliflower florets with ¼ plate tuna salad made with olive oil mayo plus Greek yogurt, diced onion, and lemon juice plus a whole wheat tortilla

½ plate spaghetti squash with a no-sugar-added pasta sauce with ¼ plate air fried chicken thigh with panko bread crumbs and parmesan cheese and ¼ plate garlic bread made from whole wheat bread